



# Tools For Action

A sample of physical education initiatives in Wisconsin

## Fit for Life for students & staff

### Contact Information

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### Program Information

<b>Program Name</b>	Fit for Life for students & staff
<b>Program Category</b>	Innovative teaching strategy (new or unique games, curricula, etc.)
<b>Grade Level</b>	High School (9-12); Middle School (6-8)
<b>Assessment Method</b>	

### Program Information

#### Products Developed or Materials Used:

#### Program Description:

Wellness at the worksite for the staff. Semester class for JR & SR called Fit for Life. It culminates with a 3 mile running race as a major requirement for the class.

## A Wisconsin Physical Education Program

For information on other **Physical Education Best Practices**, visit the website at:  
<http://dev.dhfs.wisconsin.gov/health/physicalactivity/PEhome/> or contact Jon Hisgen at [jon.hisgen@dpi.state.wi.us](mailto:jon.hisgen@dpi.state.wi.us)

For information on how your school could become a **Governor's Healthy School Award** winner, visit the website at:  
<http://www.schoolhealthaward.wi.gov/> or contact Brian Weaver at [brian.weaver@dpi.state.wi.us](mailto:brian.weaver@dpi.state.wi.us)

For more information on nutrition and physical activity, visit the **Wisconsin Nutrition & Physical Activity Program's website** at:

or contact staff at: [Meineam@dhfs.state.wi.us](mailto:Meineam@dhfs.state.wi.us) (Amy Meinen, Nutrition Coordinator)  
[Morgajq@dhfs.state.wi.us](mailto:Morgajq@dhfs.state.wi.us) (Jon Morgan, Physical Activity Coordinator)  
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